



Parks, Recreation and Neighborhood Services
Camden Community Center
3369 Union Ave., San José, CA 95124
Phone: (408) 559-8553 Fax: (408) 559-1203

Camden Community Center ~ Adult Classes – Spring 2006

Please note that information for summer programs was inadvertently printed in the spring brochure. Below are the actual spring offerings for Adult Camden Classes.

Adult Karate

\$57

This is a traditional Japanese style of Karate that combines Japanese style, culture, philosophy, history and language. This class provides an atmosphere that allows adults to learn the art of Karate. Class includes self defense while stressing the importance of self confidence and mental discipline.

Location: Camden Community Center.

Instructor: Camp Carter International

Course#	Day	Date	Time	Age	Mtg.	Loc
382.4.703	TH	4/13-6/1	6:00pm-6:50pm	16+	8	CM

Beginning Ballroom

\$114

Learn beginning dance fundamentals. Positions, step patterns, lead/follow, and etiquette will be taught. Social dance is a great way to meet people, build confidence, and get a swinging workout. Informal dress is fine. Please wear shoes with smooth surface and come prepared to dance your socks off. Instructor Jason Esswein has been teaching social dance for 15 years at Junior colleges and community centers in the Bay Area. His patience and dedicated style of instruction makes learning to dance comfortable and fun for all ages. **No Class 5/29**

Location: Camden Community Center

Instructor: Esswein

Course#	Day	Date	Time	Age	Mtg	Loc
382.4.715	M	4/10-6/19	7:00pm-8:00pm	18+	10	CM

Aerobic Kick Boxing

\$57

Want a high energy, fun way to exercise? Then this class is for you. Aerobic kickboxing is great for toning muscles, strengthening your cardiovascular system, and losing weight. The ultimate overall workout. Get physically fit and learn several self defense techniques at the same time. If you like Tae-Bo, you'll love this class. You will need cloth fist pads which may be purchased from a sporting goods store or from the instructor.

Location: Camden Community Center

Instructor: Camp Carter International

Course#	Day	Date	Time	Age	Mtg	Loc
382.4.705	T	4/11-5/30	5:00pm-5:50pm	16+	8	CM
382.4.706	F	4/14-6/1	9:30am-10:20am	16+	8	CM

Yoga

\$57

Learn deep relaxation techniques that can remove the stress from your day in this beginning level yoga class. The basic moves of yoga can enhance you physically, mentally and emotionally to make each day more beautiful. Come learn these great techniques in a relaxing atmosphere.

Location: Camden Community Center.

Instructor: Camp Carter International

Course#	Day	Date	Time	Age	Mtg	Loc
382.4.710	T	4/11-5/30	6:00pm-6:50pm	16+	8	CM

China Painting

\$84

Learn the techniques of painting on porcelain. Create jewelry boxes, plates, and tomorrow's treasures. The instructor will notify students of what and where to purchase supplies before the first class meeting. Cost of supplies is approximately \$50 for beginners.

Location: Camden Community Center.

Instructor: Otey

Note: No class 5/29

Course#	Day	Date	Time	Age	Mtg	Loc
253.4.703	M	4/10-6/5	6:30-9:30pm	16+	8	CM

Hatha Yoga

\$85

A contemporary blend of traditional and non-traditional Hatha Yoga. Class works on breathing, flexibility, endurance, strength, and relaxation. Students work at their own level. Wear loose clothing and bare feet. Bring a large towel.

Location: Camden Community Center

Instructor: Jamello

Course#	Day	Date	Time	Age	Mtg	Loc
253.4.711	W	4/12-6/14	9:30-11:00am	16+	10	CM

Jazzercise

\$43 for one month

When you love your workout, results come easy! Each 60-minute class combines elements of jazz dance, resistance training, pilates, yoga, kick-boxing, and more to create truly effective programs for people of every age and fitness level. The easy-to-follow, fun choreography includes an warm up segment, 35-minute aerobic workout, muscle toning and strengthening segment with weights, and a cool-down stretch finale. Classes are ongoing. Ask about the \$43/month Easy Fitness Ticket (You may attend any and all classes offered). For more information call Catherine Moore at 408-248-2480, or visit www.southbayjazz.com. Classes are offered at Camden Monday through Friday from 9-10am, and Monday and Wednesday evenings from 5:30-6:30pm in the gym.

Location: Camden Community Center

Pilates For Beginners

\$57

Pilates is a type of body conditioning that uses your own body's natural resistance to strengthen, tone and stretch your abdominal, back, and leg muscles, improving your posture, building stronger and more flexible muscles and increasing your energy. Students need to bring a mat with them to class.

Location: Camden Community Center

Instructor: Camp Carter International

Course#	Day	Date	Time	Age	Mtg	Loc
253.4.713	T	4/11-5/30	7:05-7:55pm	16+	8	CM

Beg. Modern Western Square Dancing – New!

\$78

Enjoy the variety and action of modern western square dancing. You will be dancing right from the start. The caller sings directions set to many different types of popular music. The eight dancers in each square act as a team to complete the calls. Moving in rhythm to the music helps you to become physically fit. Reacting quickly to the calls keeps you mentally alert. Dancing in teams is a great way to meet new people and make new friends. Enjoy the moving patterns of the dance and forget your worries of the day. Open to singles and couples. No experience or special costume required. Wear comfortable, non-marring shoes. Class price is per person.

Location: Camden Community Center

Instructor: Roger Smith

Course#	Day	Date	Time	Age	Mtg	Loc
382.4.712	T	4/11-5/30	7-9pm	16+	10	CM